

Investigation of marital satisfaction and its relationship with job stress and general health of nurses in Qazvin, Iran

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Abstract

Background: Pressures in nursing can affect family life and marital problems, disrupt common social problems, increase work-family conflicts and endanger people's general health.

Aim: To determine marital satisfaction and its relationship with job stress and general health of nurses.

Methods: This descriptive and cross-sectional study was done in 2015 in medical educational centers of Qazvin by using an ENRICH marital satisfaction scale and General Health and Job Stress questionnaires completed by 123 nurses. Analysis was done by SPSS version 19 using descriptive and analytical statistics (Pearson correlation, t-test, ANOVA, Chi-square, regression line, multiple regression analysis).

Results: The findings showed that 64.4% of nurses had marital satisfaction. There was significant relationship between age ($p=0.03$), job experience ($p=0.01$), age of spouse ($p=0.01$) and marital satisfaction. The results showed that there was a significant relationship between marital satisfaction and general health ($p<0.0001$). Multiple regression analysis showed that there was a significant relationship between depression ($p=0.012$) and anxiety ($p=0.001$) with marital satisfaction.

Conclusions; Due to high levels of job stress and disorder in general health of nurses and low marital satisfaction by running health promotion programs and paying attention to its dimensions can help work and family health of nurses.

Keywords: Health, Depression, Satisfaction, Stress

1. Introduction

Work is one of the main sources of stress in people (1). If there is stress in the workplace and it is related to workplace factors, this issue shows job stress (2), and it occurs when job requirements are not matched with skills, supportive resources, and needs of employers (3, 4). About 30% of labor forces in developed countries are experiencing job stress (5). Nursing is known as a job with high risk of exhaustion and disease. The hospital environment can cause stress and physical problems among its employees (6). In fact, job stress can lead to physical injury or mental illness, and in the long term, can cause negative results in performance of people and ultimately, in its organization (7). Various factors affect job stress of nurses including working in closed environments, changing shifts, role conflict, job dissatisfaction, fear of job loss, exposure to death and suffering of patients, and unknown professional responsibilities (4, 8, 9). In the meantime, employment status of people plays an important role in their satisfaction of marital life (1). Work-related stresses probably lead to dissatisfaction with job roles and this issue

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